

Appl. No. 10/827,561
Amendment Dated May 30, 2006
Reply to Office Action of January 27, 2006

AMENDMENTS TO THE SPECIFICATION:

Please replace paragraphs [0034] with the following amended paragraph:

[0034] The threaded connection between the dumbbells 7 and the center bar assembly or cross-bar 6 permits the dumbbells 7 to be removably securable to the center bar assembly 6. When the exercise device 35 is to be used with the dumbbells 7 (with the end cushions 4 secured thereto) connected to the center bar assembly 6, the dumbbells 7 preferably are not threaded all the way onto the threaded studs 40 on the center bar assembly 6. In addition, in the embodiment shown in Figure 5, no portion of the threaded studs 40 on opposite ends of the center bar assembly 6 extend beyond the distal surface of the center section 19 of the rod or bar 18 of each dumbbell 7 attached thereto. The end cushions 4 extend in covering relationship with the dumbbell center section 19 or rod or bar 18. The end cushions 4 extend at least partially around the center section of each of the dumbbells in covering relationship to a respective one of the opposite ends of the center bar. Each end cushion or resilient grip member 4 presents one of a pair of opposed gripping surfaces for gripping by a user during exercise, wherein opposite ends of the center bar assembly 6 do not extend beyond the gripping surfaces of the end cushions.